

News



Macomb County Library

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Macomb County Library Yoga program for children

CLINTON TOWNSHIP, Mich. – Children between the ages of 5 and 12 can join yoga instructor James Abney at the Macomb County Library to stretch like a cat, bend like a camel, become tranquil like a tortoise and roar like a lion in this fun-filled introduction to children's yoga.

Participants should wear comfortable clothing, and bring a yoga or similar non-slip mat. A parent also must be present to sign a permission slip before the session.

This program is free and open to the public. It will be at 1 p.m. Saturday, Jan. 27.

Reservations are required as space is limited. For more information or reservations, call 586-286-6660.

The Macomb County Library is located at 16480 Hall Road (near Garfield). The library is open 9 a.m. to 9 p.m. Monday through Thursday, 9 a.m. to 5 p.m. Friday and Saturday, and 1 p.m. to 5 p.m. Sunday from September through May. Click on www.macombcountylibrary.org for dates and times of additional programs.

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